Amendments to the Specification

The changes in the following paragraphs from their immediate prior version are shown with strikethrough or [[double brackets]] for deleted matter and <u>underlines</u> for added information

Please amend the heading and paragraph on page 1, lines 3-8, as follows:

REFERENCE TO EARLIER FILED APPLICATIONS APPLICATION

The present application is a continuation-in-part of U.S. Patent Application Serial No. 10/364,290, filed February 10, 2003, <u>abandoned</u>, which is a centinuation-in-part of U.S. Patent Application Serial No. 09/885,293, filed June 19, 2001, now U.S. Patent No. 6,516,828, all of which are hereby incorporated by reference in their its entirely.

Please amend the paragraph on page 23, lines 7 to 13, as follows:

FIGURE 9 illustrates another preferred embodiment of the invention which utilizes a standard wire wound spring 738. A washer 743 is stacked on the end of spring 743 and engages a short stack of Belleville washers 742, which are arranged as shown. These Belleville washers effectively reduce the rate tolerance of +7%, which would be the case if no Belleville washers were used, to a rate tolerance of +2%. The following discussion will illustrate the design of this method.

Please amend the fifth entry in the first column of Table 1 on page 27 as follows:

Table 1
Disk Spring Arrangements

Disk	% Rate	Number of	Old Coil % of	New combined
Arrangements	Change of Coil	Disks	Ideal Rate	Rate
	Spring			
5S	10%	5	110%	100%
2P-4S	9%	6	109%	100%
48	8%	4	108%	100%
2P-3S	7%	5	107%	100%
3[[5]]S	6%	3	106%	100%
2P-2S	5%	4	105%	100%
28	4%	2	104%	100%
2P-1S	3%	3	103%	100%
1	2%	1	102%	100%
2P	1%	2	101%	100%
0	0%	0	100%	100%

S-Series P-Parallel